

OTTAWA Rowing Club



2013 SEASON



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Junior Program/Structure



*We are what we repeatedly do.
Excellence then, is not an act, but a
habit. - Aristotle*

Introduction to Competitive Rowing

April 1 to June 15

September 1 to October 31

For junior rowers (ages 14-18), their journey in rowing would start with the Ottawa Rowing Club Junior Introduction to Competitive Rowing. Beginner Rowers are first shown the rowing motion on land on a rowing machine (erg) before carefully making the transition into the boat and taking their first stroke on water. After learning the basics and getting comfortable rowing in a larger boat (coxed quad, eight) one would transition into the development program.

The amount of time on the water varies from season to season. In the spring and fall rowers can be on water in the afternoons up to 4 days a week and on Saturday mornings. In the summer, rowers have the option of being on the water twice a day (morning and afternoon) during the week and once on Saturday morning.

Racing may include Ottawa Ergatta (Ottawa), ERA High School Regatta (Montreal, National Capital High School Regatta (Ottawa), Burnstown Regatta (Burnstown, On), Head of the Rideau (Ottawa).

Development Rowing

June 15 to August 15

The goal is for Development Rowers to be able to row in small boats (double and/or single) in a competent fashion and to improve one's endurance and speed.

The pace at which one progresses is dependent on ability and commitment. During the summer rowers have the option of being on the water twice a day (morning and afternoon) during the week and once on Saturday morning. .

Competitive Program

April 1 to October 31

In the Competitive Program, rowers train to compete at multiple regattas throughout the course of the year. The goal of the competitive program is to create crews that can be on the podium, and for some, be a pathway to the Canadian National Rowing Team.

The amount of time training on water varies from season to season. In the spring and fall, competitive rowers train 6 days a week (Monday to Saturday) in the early morning. In the summer, the amount of training increases to 2 times a day (early morning and early evening) during the week and once on Saturday morning.

Racing may include Ottawa Ergatta (Ottawa), ERA High School Regatta (Montreal, National Capital High School Regatta (Ottawa), Montreal ERA (Montreal), Row Ontario Championships (Welland), Royal Canadian Henley (St. Catharines), Contre Courant Boucherville (Boucherville), Head of the Rideau (Ottawa), Head of the Trent (Peterborough), Head of the Charles (Boston).

2013 CALENDAR REGATTA SEASON



April/May

April 20 Ottawa Ergatta
May 18 High School ERA
May 25 National Capital High School Regatta

June

(May 30-June 2 CSSRA)

July

July 6-7 ERA Regatta
July 26-28 RowOntario Championships

August

August 5-11 Royal Canadian Henley

September

Sept. 8 Burnstown Regatta
Sept. 22 Contre Courant Boucherville
Sept. 29 Head of the Rideau

October

Oct. 5 Head of the Trent
Oct. 18-20 Head of the Charles

Spring 2013 Regattas

Ottawa Ergatta (April 20)

Ottawa

Start Time: 8:00am
Finish Time: 12:30pm
No Cost

Montreal High School ERA (May 18)

Montreal

Boat Loading, Friday, May 17, 4:30pm
Departure via 417 Bus Line on May 18 at 4:30am from the ORC
Return via 417 Bus Line on May 18 at 11:00pm at the ORC
Boat Unloading, Sunday, May 19, 10:00am
Cost: \$120 estimated

National Capital High School Regatta (May 25)

Ottawa

Start Time: 7:00am
Finish Time: 12:30pm
No Cost

CSSRA (May 30 - June 2)

St. Catharines

Organized by individual high school rowing programs.

Summer 2013 Regattas

Montreal ERA Regatta (July 6-7)

Montreal

Boat Loading, Friday, July 5, 4:30pm
Departure via 417 Bus Line on July 6 at 5:00am from the ORC
Staying at the McGill New Residence Hall
Return via 417 Bus Line on July 7, arriving at the ORC at ~11:30pm
Boat Unloading, Monday, July 8, 4:30pm
Cost \$200 estimated

RowOntario Championships

(July 26-28) Welland

Boat Loading, Thursday, July 25, 3:00pm
Departure via 417 Bus Line on July 26 at 7:30am from the ORC
Staying at the Niagara College Residence
Return via 417 Bus Line on July 28, arriving at the ORC at ~11:30pm
Boat Unloading, Monday, July 29, 4:30pm
Cost \$300 estimated

Royal Canadian Henley (Aug 5-11)

St. Catharines

Boat Loading, Saturday, August 3, after morning practice
Departure via private vehicle on August 5 at 7:00am from the ORC
Staying at the Brock University Village Residence
Return via private vehicle on August 11, arriving at the ORC at ~11:30pm
Boat Unloading, Monday, August 12, 4:30pm
Cost \$450 estimated

Fall 2013 Regattas

Burnstown Regatta (Sept. 8)

Burnstown (for ICR Crews only)

Boat Loading, Saturday, Sept. 7, 2013, 8:00am?
Boat Unloading, Sunday, Sept. 8, 2013, 2:00pm?
Cost: \$40 estimated

Contre Courant Boucherville

(Sept. 22) Boucherville

Boat Loading, Saturday, Sept. 21 after practice
Departure via 417 Bus Line on Sept. 22 at 4:30am from the ORC
Return via 417 Bus Line on Sept. 22, arriving at the ORC at ~4:30pm
Boat Unloading, Sunday, Sept. 22, 5:00pm
Cost \$150 estimated

Head of the Rideau (Sept. 29)

Ottawa

Boat Loading, Friday, Sept. 27, 4:30pm
Boat Unloading, Monday, Sept. 30, 5:00am
No Cost

Head of the Trent (Oct. 5)

Peterborough

Boat Loading, Thursday, Oct. 3, 4:30pm
Departure via 417 Bus Line on Oct. 5 at 4:30am from the ORC
Return via 417 Bus Line on Oct. 5, arriving at the ORC at ~11:30pm
Boat Unloading, Sunday, Oct. 6, 3:00pm
Cost \$150 estimated

Head of the Charles (Oct. 18-20)

Boston TBA

Team Uniform and Kit



Competitive Crew Team Uniform and Kit

Team uniforms are directly ordered from a company called Row West (www.rowwest.com). All rowers need to order the Ottawa Rowing Club Unisuit ORC 2013 Cotton T-shirt, and ORC hat. Row West also provides Ottawa Rowing Club rowers with official jackets, training shirts, etc.

All rowers and coxies rowing attending any practice are required to have a working light and whistle that is attached visibly on themselves. The whistle and light must be the Fox 40 with LED Light, which can be purchased at the Ottawa Rowing Club, your local Canadian Tire (see store locator) or LeBaron(1512 Merivale Rd).

Rowers will also need two (2) 7/16 wrenches, which can be bought at the local Dollar Store.



Introduction to Competitive Rowing Crew Team Uniform and Kit

Team uniforms are directly ordered from a company called Row West (www.rowwest.com). All rowers need to order the ORC Dark Sky Longsleeve Shirt and ORC 2013 Cotton T-shirt.

All rowers and coxies rowing attending any practice are required to have a working light and whistle that is attached visibly on themselves. The whistle and light must be the Fox 40 with LED Light, which can be purchased at the Ottawa Rowing Club, your local Canadian Tire (see store locator) or LeBaron(1512 Merivale Rd).

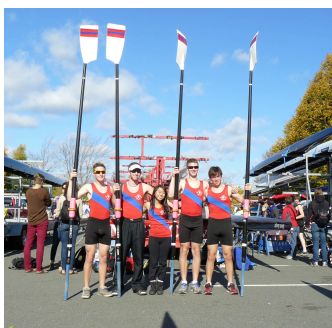
Rowers will also need to purchase two (2) 7/16 wrenches from the local Dollar Store.

OTTAWA ROWING CLUB JUNIOR PROGRAM 2013

COST

Introduction to Competitive Rowing and Development Rowing Program

Spring Program Fee:	\$290
Summer Program Fee:	\$290
Fall Program Fee:	\$290
Winter Program Fee (with Carleton):	\$160
Spring Regatta Fees:	\$120 estimated
Fall Regatta Fees:	\$40 estimated
Team Uniform and Kit	\$80 estimated



Competitive Rowing Program

Full Year Membership Fee:	\$970
Spring Program Fee (as ICR):	\$290
Spring and Summer Program Fee :	\$670
Summer Program Fee:	\$510
Summer and Fall Program Fee:	\$670
Winter Program Fee (with Carleton):	\$160
Spring Regatta Fees:	\$120 estimated
Summer Regatta Fees:	\$1000 estimated
Fall Regatta Fees:	\$200-\$400 estimated
Team Uniform and Kit	\$110 estimated

*Program fees include : 13% HST and applicable Rowing Canada and RowOntario fees

CONTACT INFO

If you have any questions about the Junior Program, please feel free to contact Mr. Tang via email (lcirrowingcoach@gmail.com).

If you are a parent and you are interested in volunteering at regattas, (i.e. regatta logistics support, chaperoning, baking, etc) please contact Mrs. Blois via email (blois_d@sympatico.ca)

Ottawa Rowing Club
10 Lady Grey Drive
P.O. Box 1457, Station B
Ottawa ON K1P 5P9

Telephone: 613.241.1120

USEFUL LINKS

Ottawa Rowing Club
<http://www.ottawarowingclub.com>

Ottawa Rowing Club Junior ICR/Development Program
<http://orcjunioricr-dev.wikispaces.com>

Ottawa Rowing Club Junior Competitive Program
<http://orcjuniorcomp.wikispaces.com>

Row West (Official ORC Uniform supplier)
<http://www.rowwest.com>